

**AMENDMENTS TO THE SPECIFICATION:**

**Please amend the title of the invention as follows:**

**EXERCISE APPARATUS ~~AND METHOD FOR MUSCULAR STIMULATION~~**

**On page 1 after the title, please insert the following:**

**CROSS - REFERENCE TO RELATED APPLICATIONS**

The present Application is based on International Application No. PCT/GB2003/003258, filed on July 22, 2003, which in turn corresponds to GB 0216982.9 filed on July 22, 2002, and priority is hereby claimed under 35 USC §119 based on these applications. Each of these applications are hereby incorporated by reference in their entirety into the present application.